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Current

A Publication of Cotton Electric Cooperative Inc.

A Touchstone Energy® Cooperative *



"The Current - Informing Our Members Since 1957"

August 15, 2025 VOLUME 68 NUMBER 12

Meetings are set for Cotton Electric Districts 4, 7 and 9

The Current Staff

District Meetings have been scheduled for three out of the nine voting districts of Cotton Electric Cooperative. These meetings aim to address various business matters, elect Trustees and welcome conversations between co-op employees and mem-

The cooperative operates under the guidance of a board of nine Trustees, each representing a specific geographical district in which he or she lives. These Trustees formulate the co-op's overarching policies and are elected by members residing in their respective districts.

According to the co-op's bylaws, District Meetings are to be held annually in three of the nine voting districts. This year, members residing in Districts 4, 7 and 9 will receive mailed notices containing details about the meeting schedule. Only members in these three voting districts will receive notices.

This year, the District Meeting schedule is as follows:

- Aug. 26 District 7: Wesley Chapel Fellowship Center; 12604 SW. Woodlawn Rd., Lawton
- Aug. 28 District 9: First Baptist Church Life Center; 323 E. C Ave., Waurika
- Sept. 4 District 4: Museum of the Great Plains, 601 NW. Ferris Ave., Lawton

Registration for each District Meeting will begin at 6 p.m. Members are requested to bring their official registration cards that they received in the mail for more efficient processing and eligibility for an attendance prize. Registration closes at 7 p.m., preceding the business meeting. Each member holds one vote in Trustee elections.

Various organizations, such as churches, clubs and schools will receive credentials to designate a voting delegate, with completed and notarized forms required for presentation at registration. These will enable the representatives of each organization to vote and participate in the business of the co-op.

Elected Trustees will take office immediately after the Annual Meeting and Member Appreciation Day

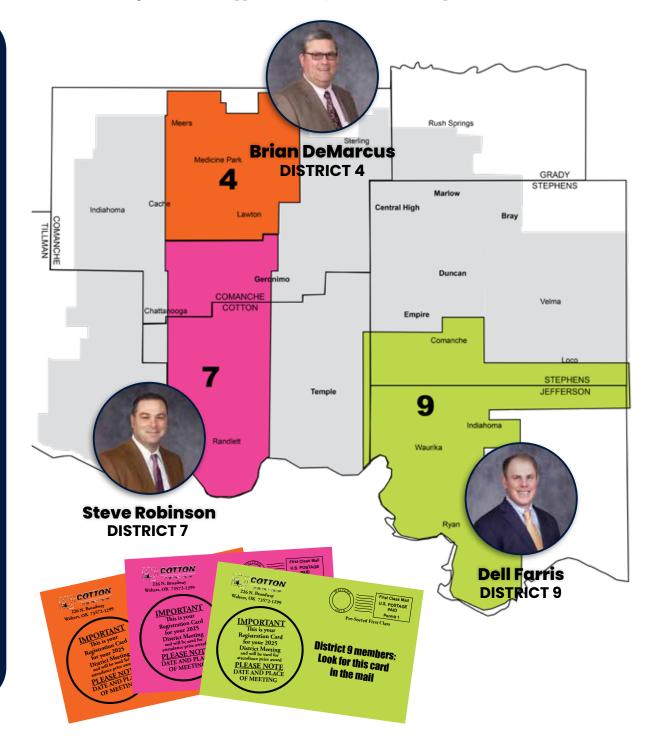
in September and serve a three-year term. If there is no election, incumbents are held over for the term. This year, incumbents are: Brian DeMarcus, District 4; Steve Robinson, District 7; and Dell Farris, District 9.

The cooperative's bylaws mandate an Annual Meeting of the entire membership shortly after the District Meetings. Because of the positive feedback we received from member surveys, the 2025 Annual Meeting and Member Appreciation Day will be a drive-thru format and is scheduled to be held Thursday, Sept. 25 at the Stephens County Fairgrounds in Duncan and the Comanche County Fairgrounds in

Registration for the Annual Meeting will open from 2 p.m. to 6 p.m., with the business meeting livestream to begin at 7 p.m. Official registration cards and more details about this year's Annual Meeting and Member Appreciation Day will be included in the September edition of *The Current*.

Board District Мар

Cotton Electric members in the highlighted districts will receive meeting notices in the mail in the weeks leading up to their District Meeting. The card colors shown above correspond to the districts.



Power Cost Adjustment Calculated

The power cost adjustment now being applied to bills mailed after Aug. 1, 2025, is \$0.01226 per kilowatt-hour (kWh).

On a member's average bill of 1,300 kWh, this will amount to a charge of \$15.94 on the August bill.

July 2025 Temperature Extremes

Day High Low Avg. Day High Low Avg. 88 70 79 16 96 73 85 80 87 73 97 17 74 86 80 99 70 85 86 73 18 100 89 74 82 19 68 84 20 73 87 81 101 73 21 87 80 101 74 88 70 74 87 91 81 22 100 96 71 23 79 89 84 99 24 102 76 89 83 96 71 25 101 75 88 94 72 82 26 102 72 87 92 72 82 27 98 76 87 94 71 83 28 101 73 87 93 81 29 102 72 95 105 70 Source: www.srh.noaa.gov/oun/ 94 76

Average Daily High: 96 Average Daily Low: 73

Did You Know?

Cotton Electric offices will be closed Monday, Sept. 1, in observance of Labor Day. Emergency calls will be answered at 580-875-3351 or 800-522-3520.

The next issue of *The* Current should arrive in mailboxes Sept. 12, 2025.

Contact Us

Do you have a story idea for The Current, or do you need to place an ad? If so, let us know.

We can be reached at 580-875-3351 or by email at TheCurrent@ cottonelectric.com.

You can also drop us a line at Cotton Electric Current, 226 N. Broadway, Walters, OK 73572.



Mission Statement

Our mission is to safely deliver reliable and affordable power, provide excellent member service, and improve the quality of life in the communities we serve.

From the CEO

Your participation matters

s I write you this month, the Board of Trustees and employees are preparing for our upcoming District Meetings featured on the front page of this issue and for the 2025 Annual Meeting to be held in September.

The purpose of a District Meeting is to elect a Trustee that represents your area for a three-year term. The three districts that will meet this year are District 4, represented by Brian De-Marcus; District 7, represented by Steve Robinson; and District 9, represented by Dell Farris.

Your feedback and participation are integral to Cotton Electric Cooperative. In addition to the election process, the smaller

group format at District Meetings allows for more one-on-one discussions and the opportunity for members to share their thoughts and ideas with cooperative Trustees and staff.

After the District Meetings are held, all members will have the opportunity to attend our Annual Meeting. Cooperatives are guided by seven Cooperative Principles - Open Membership; Democratic Member Control; Members' Economic Participation; Independence; Education, Training, and Information; Cooperation with other Cooperatives; and—above all—Concern for our Community. The Annual Meeting puts the principles in action and reminds us of the

ways Cotton Electric is different from other utilities.

Last year's drive-thru registration was very popular, so we will continue the same format for this year's Annual Meeting which will be held on Sept. 25. Members will have the choice of participating at one of two locations: the Great Plains Coliseum in Lawton and the Stephens County Fairgrounds in Duncan. Registration will be held from 2 p.m. to 6 p.m. The business meeting portion will be livestreamed later that evening at 7 p.m.

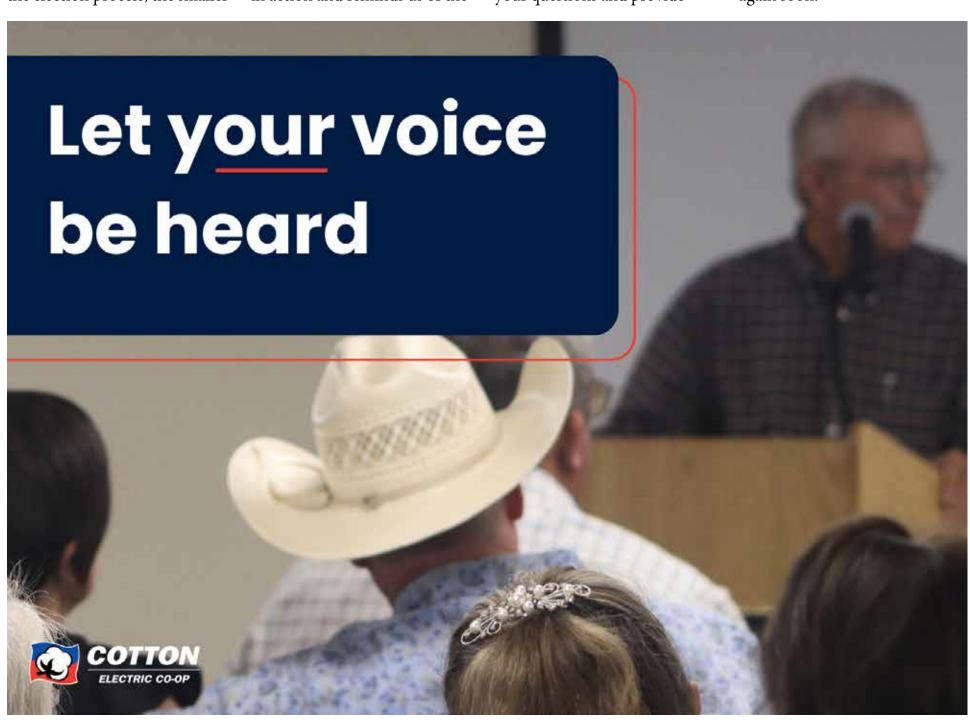
Cooperative employees will be available at the District and Annual Meetings to answer your questions and provide



Jennifer Meason, CEO

information about the services Cotton Electric offers. However, you don't have to wait for the District and Annual Meetings to share your thoughts or ask questions. We can be reached Monday – Friday, 8 a.m. to 5 p.m., over the phone at 580-875-3351 or in person at our Duncan and Walters offices. You can also reach us by email at info@cottonelectric.com.

We look forward to seeing you again soon.





Energy Efficiency Tip of the Month

Replace your cooling system's filter regularly to maintain strong airflow and boost energy efficiency. A clean filter means your system doesn't have to work as hard, saving energy and lowering your utility bills. Factors like allergies and pets in the home can impact how often filters should be replaced. Check the filter every month and replace it as

needed. Changing filters regularly also reduces wear and tear on your cooling system, helping extend the life of the unit.

Source: www.energy.gov

June 2025 Operating Stats

	<u>2025</u>	<u>2024</u>
Total Amount Billed/Accrued	\$7,314,746	\$7,004,524
Cost of Purchased Power	5,184,265	4,869,630
Taxes	132,671	125,818
Total Operating Expense per Mile	1,305	1,247
Average Farm and Residential Bill	172	170
Average Farm and Residential kWh	1,322	1,461
Total Meters Billed (Farm, Residential) 19,904	19,682
Miles Energized	5,285	5,273
Density per Mile	3.77	3.73
New Service Connects YTD	185	228
Services Retired	52	126

Upcoming Deadlines for

The Current

September

Ad Sales Aug. 29 Classified Aug. 29 Publish Sept. 12

October

Ad Sales Oct. 3
Classified Oct. 3
Publish Oct. 17

The Current

Published monthly at Walters, Oklahoma, by Cotton Electric Cooperative, Inc.

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Energy Efficiency

Three smart-home technologies to help you save energy

energy efficient. By connecting your home Wi-Fi network, smart devices automate everyday tasks like lighting, previous behavior and patterns. heating, cooling and home security they can even communicate with other Energy, smart thermostats can reduce smart devices in the home.

are specifically designed with energy savings in mind, there are several smart in one year. technologies that can help you lower home energy use. Here are the top three smart-home devices to help you start saving.

Smart thermostats

Smart or not, thermostats are the most effective tool for controlling energy use, as heating and cooling typically account for the largest portion of for your home lighting needs. energy bills. Smart thermostats allow

more comfortable, convenient and from anywhere. Many smart thermo- home energy use. If you're new to stats include learning capabilities and will adjust the thermostat based on

According to the Department of bulbs you need. heating and cooling bills by more than While not all smart-home products 8% annually, and with models as low as \$65, they typically pay for themselves

Smart lighting

Smart LED bulbs use less electricity than traditional bulbs and can be scheduled or turned off (or on) remotebulbs are available in a range of shapes, brightness levels, colors and more, so

Many smart bulbs include motion

Smart technologies make our homes through an app, giving you full control room activity, further optimizing smart lighting, try a home starter kit. Prices for kits range from \$70 to more than \$300 depending on how many

Smart plugs

Smart plugs are inexpensive gadgets that can help you save energy. Many electronic devices consume power even when they are turned off (known as phantom load), which can take a toll on your energy bills. Smart plugs are simply plugged into an electrical outlet and connected to your Wi-Fi ly through a smartphone app. Smart network. When set up, the smart plug can cut power (or return power) to non-smart devices, like coffee makers, shop for the products that work best phone chargers and other items that draw phantom load.

Many smart plugs can be paired with



Heath Morgan, **Energy Efficiency** Coordinator

gle Nest, or controlled through the plug's associated app. Smart plugs are simple to use and a set of four can be purchased for as little as \$25.

If you're looking for new ways to save energy, try these budget-friendly, convenient smart-home technologies.

For more information, visit www. you to adjust the indoor temperature sensors that turn on or off based on popular smart hubs, like Alexa or Goo- cottonelectric.com/energy-efficiency.



Smart thermostats allow you to adjust the indoor temperature through an app, giving you full control from anywhere on the go. Photo Source: Abby Berry, NRECA.

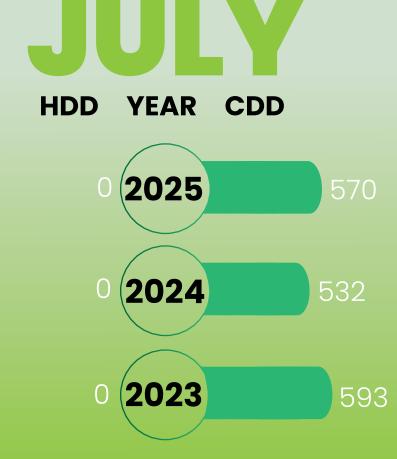


Smart LED bulbs use less electricity than traditional bulbs and can be controlled remotely through a smartphone app. Photo Source: Moritz Kindler, Unsplash.



Smart plugs can cut power (or return power) to non-smart devices, like coffee makers, phone chargers and other items that draw phantom load. Photo Source: Kenny Ginapp.



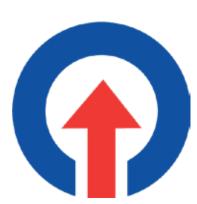


Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don't need heating or cooling to be comfortable when this is the outdoor temperature.









Cotton Electric Charitable Foundation



SEPT. 9

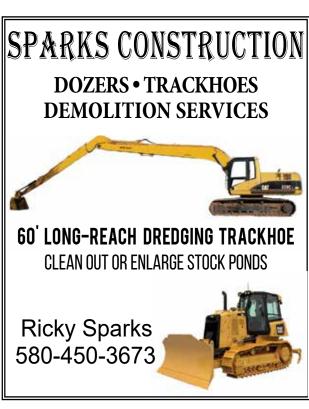
HOW TO APPLY





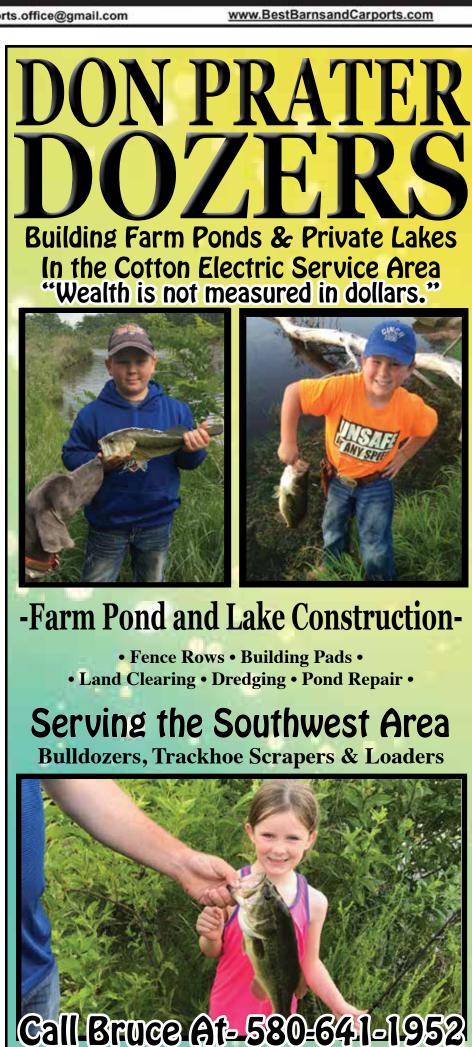












Your co-op, your voice

Advocating for safe, reliable and affordable power for member-owners has been the purpose of electric cooperatives for nearly a century – since the Rural Electrification Administration was established in 1935. With the same mission in mind today, your cooperative engages with policymakers and elected officials and addresses key energy issues and priorities, such as the Environmental Protection Agency Power Plant Rule and the recent Federal Emergency Management Agency Act of 2025. As member-owners, you also have a voice in advocating for the needs of electric cooperatives.

America's Electric Cooperatives PAC

America's Electric Cooperatives Politcal Action Committee is an essential bipartisan tool that empowers the voice of electric cooperatives nationwide. The PAC is dedicated to building trusted relationships with political candidates who, if elected, have the opportunity to address issues that directly impact electric co-ops and help them understand and appreciate the work of electric co-ops for the communities we serve.

Oklahoma's Electric Cooperatives PAC

Similar to America's Electric Cooperatives Politcal Action Committee, Oklahoma's Electric Cooperatives PAC fosters local leadership, ensuring that your investment remains local, and reinforcing the shared values of our cooperative community. This gives Oklahoma electric cooperatives the opportunity to have a bigger influence on the future of electric cooperatives and strengthens our individual voices at the grassroots level.

Voices for Cooperative Power

Voices for Cooperative Power (VCP) is a grassroots network of over 1.1 million advocates who help shape energy policy that keeps the lights on. At no cost, co-op members can sign up for regular updates on key issues, share your story about the important role electric cooperatives play in local communities and follow VCP on social media.

By getting involved in VCP, members carry their voices to Washington, D.C., and beyond to help educate policymakers on the important role their co-op plays in providing safe, reliable and affordable power to 42 million Americans in 48 states.

Your support for political engagement empowers the collective voice of electric co-ops and the ability to foster an environment that educates and advocates for growing energy needs, smart energy policies and support for rural communities across the nation. You can help make a difference in shaping the future of America's electric co-ops and the communities we serve.

If you would like to contribute to one of the PACs, please return the completed form to the right with your next bill payment and your contribution will be added to your monthly bill.

For more information, call 580-875-3351 or visit www.cottonelectric.com/ your-co-op-your-voice.

Notice of the 38th Annual Fall Farm & Ranch Equipment

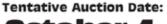
TAKING CONSIGNMENTS NOW! TRACTORS, TRUCKS, **AUTOMOBILES, LIVESTOCK EQUIPMENT, FARM** MACHINERY, HARVESTING EQUIPMENT, ETC.

Brink Auction Service will hold its 38TH ANNUAL FALL FARM & RANCH EQUIPMENT AUCTION of Farm/Ranch Equipment and Farm Related Items. We invite you to let us turn YOUR equipment into CASH.

Located at Brink Auction Yard 1 mile South of Frederick, OK on Hwy. 183

- 4% per item over \$500.00 20% per item less than \$500.00 Adv. prorated, no Buy-Back Fees, no Buyers Premium if Buyer is in attendance day of
- Please, no household items, no used tires, no alcohol on premises.
- Equipment Hauling to sale site available
- · All vehicles must have a clear, marketable title. Brink Auction Service assumes no liability regarding any and all titles.

Online Bidding Available (Must pre-register) @ equipmentfacts.com



Sat., October 4, 2025

To Consign your items, please call Brink Auction Service Terry Brink, 580/335-4126 or John D. Butchee, 580/471-7937 We appreciate your business!



TERRY H. BRINK, CAI Auctioneer 580/335-4126 P.O. Box 928 • Frederick, OK 73542 Txs. Auct. Lic. #OKS-118-006033 JOHN D. BUTCHEE, 580/471-7937 TX Lic. #17755

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Your Co-op, Your Voice.

Yes! I want to help keep the voice of rural electric cooperatives heard in the state and national political process by participating in America's Electric Cooperatives PAC.

Please add the following amount to my monthly electric bill:

- O Co-op Owners Member: \$2.08/month (\$25/year)
- Ambassador Club: \$4.17/month (\$50/year)
- Century Club: \$8.33/month (\$100/year)

Other: \$

I affirm that my contribution has been made with non-corporate funds:

Name: _____ Account #:

Address: City: _____ State: ____ Zip:____

Email: *Federal Election Law requires the following information for contribution equal to or exceeding \$200:

Employer: Occupation:

> Please return the completed form to: **Cotton Electric Cooperative** 226 N. Broadway, Walters, OK 73572

Signature:



Your Co-op, Your Voice.

Yes! I want to help keep the voice of rural electric cooperatives heard in the state and national political process by participating in Oklahoma's Electric Cooperatives PAC.

Please add the following amount to my monthly electric bill:

- \$10/month (\$120/year)
- \$20/month (\$240/year)
- \$50/month (\$600/year)

I affirm that my contribution has been made with non-corporate funds:

Name: _____ Account #: ____ Address: _____

City: _____ State: ____ Zip: ____ Email:

*Federal Election Law requires the following information for contribution equal to or exceeding \$200:

Employer: ___ Occupation:

Signature:

Please return the completed form to: **Cotton Electric Cooperative** 226 N. Broadway Walters, OK 73572



Monitor energy consumption with SmartHub

SmartHub is a tool available to all Cotton Electric members that is packed with features that can provide ease and accessibility for members. From reviewing billing histories to making a payment, SmartHub gives you plenty of ways to manage your account at your fingertips. One of the biggest benefits to members using SmartHub is monitoring their energy consumption.

Everyone's usage is different, and the My Usage tab provides access to a variety of information about how your energy usage trends over time. Members can view detailed reports that compare month-to-month power use or summaries of a year's worth of kilowatt-hour use. This allows members to review any trends or sudden changes in their usage, sometimes leading to the discovery of underlying issues, such as an electric space heater left on, frozen water pipes that have

If members don't run their appliances differently and notice an extreme change in their usage, you can contact your cooperative to assist in investigating what could be affecting your usage.

HIGH'S AUCTION & REAL ESTATE SERVICE **Appraisal Services, Inc.**

NEW LISTING!

187677 N 2590 RD, Walters, OK 73572

2600 sf Stratford home on 160 acres with a beautiful panoramic view. one of the highest points in Cotton County

> **PRICE REDUCED**: \$590,000 SE S17 T3S R11W, Cotton County, OK

Property Details 2600 SF manufacturedhome on 160 acres, 4 Bedroom 3 Full baths, Metal Roof, large Covered Porch and Patio, Safe room,

built in 2008. Pipe corral, improved grasses, no mesquites, good barbed wire fencing. Excellent view: Rural Water District 2, Cotton Electric, Walters Schools, 2025 Estimated taxes: \$2298.33

Directions From Walters, go 5 miles

south to 5A then West 3 miles to NS2590, then North to property on West side of road.

From Cookietown Highway 5A and 277, go East on 5A to 2590 Road then North 1.5 miles to property. Watch for Signs!!

> **Rick High** 580-875-6500

210 N. BROADWAY, WALTERS OK 73572

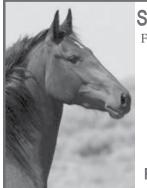
rrhigh@sbcglobal.net www.highsauction.com

Energy use thresholds can be set to notify members when they are using more energy that they would like to help them keep bills as low as possible.

Another feature in My Usage is a comparison of daily energy consumption to average temperature. This is shown on a bar graph overlaid with high, low and/or average temperatures, illustrating the increase in electricity use during extremely hot or cold weather conditions.

Members can sign up or access their SmartHub account on a computer at www.cottonelectric.com/smarthub or mobile device by downloading the app from both the Apple and Google app store. For questions or more information, give us a call at 580-875-3351.





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lent panoramic view that

Perfect for your cow calf

covered patio while the sun

is setting. Country setting,

peace and quiet. Deer and

operation that you can

watch from your huge

wildlife are plentiful.

will not last long.

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learing Conservat

Pond, Terraces, Tree Clearing,

Building Pads, NRCS Work, etc.

For estimate on your job call Jeff 580-704-2226

STORM PREPAREDNESS CHECKLIST:





Exclusive to co-op members

Contact Heath Morgan for details at 580-875-3351

Who owns what?

Understanding electric equipment responsibilities

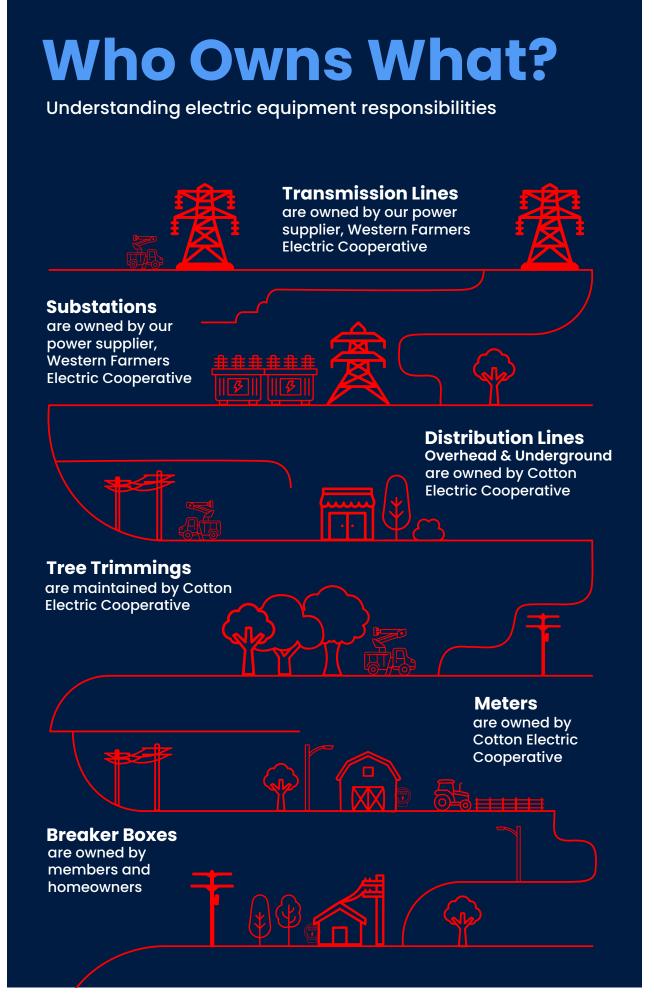
Along with the extreme weather seasons and events that Oklahoma experiences also come the possibility of damaged electrical equipment resulting in power outages or service interruptions. Cotton Electric is always prepared to respond swiftly to outages and restore power safely, but it is also important for members to understand which parts of the electric system are their responsibility and which are maintained by Cotton Electric or our generation and transmission (G&T) co-op, Western Farmers Electric Cooperative (WFEC). Knowing these key differences can enhance the power restoration process and ensure everyone stays safe.

At Cotton Electric, we work closely with our power supplier, WFEC, to ensure you have the power you need whenever you flip a switch. When power supply issues arise like damaged substation equipment or transmission structures, WFEC crews are dispatched to make the necessary repairs. Cotton Electric employees coordinate restoration efforts with WFEC when possible in these situations to restore power to members efficiently and most importantly - safely.

Outside of our G&T's substations, Cotton Electric Cooperative is responsible for maintaining and repairing the equipment that run from the distribution power lines to your service panel, including utility poles, overhead and underground power lines, electric meters and padmounted transformers.

Your cooperative and the communities we serve take great pride in the trees and landscaping that contribute to the natural beauty where we live, however, regular trimming is essential to ensure reliable electric service and minimize damage from severe weather. If you spot a tree limb that is obstructing a distribution power line outside your home, please call your cooperative so our vegetation management crews can trim those limbs and maintain the surrounding power lines.

Electric equipment that run from the meter into your home, such as weatherheads and electrical outlets, are members' responsibility. If any equipment



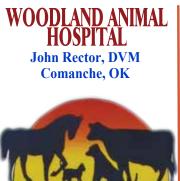
that you are responsible for is damaged, please call a restoration process of service interruptions. licensed electrician to conduct the repairs.

By working together to understand the essential equipment that powers daily life, we can all be better prepared and understand the necessary repairs and

If you have any questions about your electrical equipment, we're here to help. You can contact us by calling 580-875-3351, visiting www.cottonelectric. com or visiting our offices in Walters and Duncan.







M, T, W, T, F:7:30-5:30

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- BOARDING
- QUALITY PET

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www.rrtc.edu







Tips for an energy-efficient school year

Electronics are important to today's students for education, entertainment, and daily living. Energy efficient electronics can help students reduce energy use and save money.

The Energy Education Council recommends considering some of the following electronics to kick your school year off with an efficient start:

• Smart Power Strips:

These power strips are controlled by a primary electronic device, such as a computer, and all peripheral electronics are controlled by the primary. For example, if you plugged a computer in and then plugged a printer in, the smart strip would shut off power to both the computer and printer when the computer was off.

• Energy Star Products:

Many students purchase computers and TVs for their dorms. Look for the blue Energy Star label on electronics. These products can use 30 percent less energy than comparable non-Energy Star products.

• Battery Charger:

A rechargeable battery set is an efficient way to avoid the hassle of running out of batteries and helps keep batteries out of landfills. When disposing of batteries, look for a local battery recycling program.

• Solar Charger:

Solar chargers are a convenient option for students on the go. Leave these chargers in a sunny window, and after a few hours they are ready to charge cellphones, tablets and more.

• LED/CFLs:

Incandescent light bulbs can use 75 percent more energy than a CFL or LED, and you pay for every extra bit of energy incandescent bulbs use. Not only are CFLs and LEDs more efficient, they can last at least six years.

• Compact Refrigerator:

If you are taking a refrigerator to school, look for an Energy Star qualified model and consider a compact refrigerator. If you have a roommate, plan on sharing the fridge for increased efficiency.

Drying Rack:

A collapsible drying rack can save students' quarters and hassle. Instead of waiting in the laundry room while their clothes dry, students can dry clothes on a rack in the convenience of their own room or apartment.

For more efficiency tips for home owners and apartment renters, visit EnergyEdCouncil.org or CottonElectric.com/energy-efficiency.

Source: SafeElectricity.com



Home sweet loan.

With plenty of loan options and the expertise to help you find the right one, we're the perfect choice for your home loan. As a full-service nationwide lender, we retain the servicing for more than 95% of the home loans we originate. We stick with you throughout the life of your loan.

Stop by an Arvest branch or visit us online to connect with a lender today.

arvest.com/homeloan

Mortgage

Member FDIC Equal Housing Lender

Loans subject to credit approval. We currently lend in all states except Delaware, Rhode Island, Maryland, New Hampshire and New York



Every College Student Should Know

Relay these safety tips to your young adults who are about to hit campus for the first time or return for another year.

- Do not overload electrical outlets, power strips or extension cords. Use power strips with an overcurrent protector.
- Be aware of your surroundings, especially when listening to music or texting.
- Unplug small appliances when not in use and all appliances when away for extended periods.
- This tip still holds true: never walk alone at night.
- Avoid using generic cubes or cords. They could overheat, shock or burn you.
- Locate the emergency call buttons or phones across campus in case of an emergency.
- Do not put your cell phone on or under your pillow or bedding. It could overheat or catch fire.







Need to make a payment by phone? **Call our automated system at**

1-855-940-3923

Have your Cotton Electric account number and credit card or banking account numbers ready before making the call.



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Call for a quote

751 W. WILLOW SUITE 4 DUNCAN, OKLAHOMA

580.786.9200







Defining Degree Days

Weather can have a major impact on energy bills, and when the outdoor temperatures become extreme, your heating and cooling equipment works harder to keep your home comfortable.

Did you know the energy experts at Cotton Electric Cooperative use degree days to anticipate heating and cooling needs for you, our consumer-members?

Never heard of a degree day? Don't worry, you're not alone. Let's take a look at what degree days are and why they're important for electric utilities.

Degree days measure how cold or warm a location is by comparing the average of the high and low (mean) of the outdoor temperatures recorded in that location to the standard U.S. temperature, which is 65 F. The assumption is that we don't need heating or cooling to be comfortable when this is the outdoor temperature.

So, the more extreme the outdoor temperatures, the higher the number of degree days. And the higher the number of degree days, the higher the amount of energy used for space heating and cooling. Summer is in full swing, so let's look at cooling degree days.

Cooling degree days are a measurement of how hot the temperature was on a given day or during a period of days. With summer temperatures rising, you'll likely require more cooling for your home or business, which results in more cooling degree days. Variations in electric bills often follow closely with degree days, which is why electric utilities use this data to anticipate future energy demand.

Degree days are tracked for a variety of reasons. Farmers can better plan the planting of crops and timing for pest control, and weather experts can better assess climate patterns.

Here are a few tips to help you save on energy bills this summer:

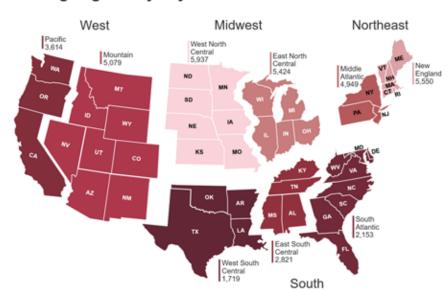
- Set your thermostat as high as comfortably possible. The smaller the difference between the indoor and outdoor temperatures, the lower your cooling costs will be. The Department of Energy recommends setting your thermostat to 78 F when you're home and a higher setting for when you're away.
 - Turn off ceiling fans when you leave a room.
- Close window coverings, like curtains and blinds, during the day to block sunlight.
- Use caulk and weather stripping to seal air leaks around doors and windows. If you have questions about your energy use or to learn more ways to save, give us a call at 580-875-3351, visit www.cottonelectric.com/energy-efficiency or stop by our office.

Cooling degree days by census division in 2023

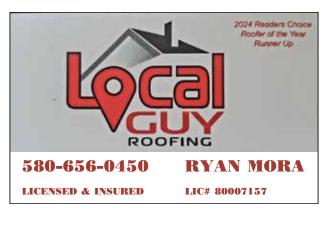


Data source: U.S. Energy Information Administration, Monthly Energy Review, Table 1.12, August 2024 Note: Population-weighted degree days, Pacific Division includes Alaska and Hawaii.

Heating degree days by census division in 2023



Data source: U.S. Energy Information Administration, Monthly Energy Review, Table 1.11, August 2024 Note: Population-weighted degree days. Pacific Division includes Alaska and Hawaii.



















MEMBERSHIP HAS ITS BENEFITS \$113 MILLION SAVED ON PRESCRIPTIONS

IT'S SIMPLE

- Present your Co-op **Connections Card** at check out. If you have insurance, present your insurance card as well.
- **7** Ask the pharmacist to calculate the discounted price. If you have insurance, ask the pharmacist to compare the discount card price to your insurance price.
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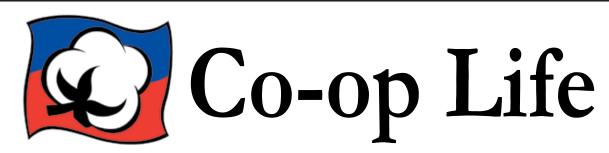
Set up your account.

Enter your zip code to search for providers near you.

Or you can call Member Services at 800-800-7616 if you have questions or to find a provider.

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Pharmacy discounts are not insurance, and are not intended as a substitute for insurance. Pharmacy discounts range from 10% to 85% on most medications. The discount is only available at participating pharmacies. Prescription claims through this program will not be eligible for reimbursement through Medicaid, Medicare or any other government program.





Soaking up last moments of summer in SWOK

s the last moments of Exploring scenic trails summer begin to wind friends.

Fun ways to cool off

One of the best ways to beat the summer heat is to make a splash. There is a list of lakes across the co-op's service territory for family and friends to explore, including Comanche Lake, Waurika Lake and Lake Taylor near Marlow. Whether you enjoy fishing, paddleboarding or just cruising on the water, there are many trees as well. activities to enjoy.

A recent feature at Lake Taylor is kayak rentals. The city has partnered with Rent.fun to offer a self-service kayak rental program to the public. Rentals are available from sunrise to sunset, and fees range from \$15 to \$25 per hour. For more information, visit www.rent.fun/kayak-rental/ marlow-ok.

Another way to stay cool is stopping by the Medicine Park Aquarium and Natural Sciences Center for an up-close experience with native animal species. Hours of operation are from 10 a.m. to 5 p.m. daily with various admission fees. The Medicine Park Aquari- Pick seasonal treats um and Natural Sciences Center is a Co-op Connections partner, fect time for delicious seasonal and members can take advantage treats. Whether you are looking of the admission discount when to support a local business or they present their Co-op Con- local farmer, there are plenty of nections card at the register. For cool snack options. questions or more information, visit www.mpmns.org.

The Wichita Mountains are down, there are still home to many stunning landplenty of activities and last-min-scape views in southwest Oklahoute trip ideas across the co-op's ma, with a range of activities and service territory waiting for views for the summer season. A you to explore with family and well-known trek or drive through the Wichita Mountains is to the summit of Mount Scott. At the top of the mountain, visitors can take in a panoramic view of the area's vast landscape. To stay aware of hiking conditions at the Wichita Wildlife Refuge, follow their Facebook page for timely updates. Light hiking trails near Waurika Lake and the campgrounds reveal hidden gems with trails winding through tall, green

Unique places to stay

At InnHabit in Medicine Park, guests can pick from 10 stationary tiny houses made from metal shipping containers. Each rental nas its own theme – from fishing

Not far from Medicine Park ucts to browse through. is another unique stay located in Elgin. The Painted Silos are two grain bins that showcase beautiful murals on each of the buildings and are filled with rustic furniture. For more information, visit their Facebook page.

Summertime is also the per-

Strolling through local farmers markets are great spots to pick



Watermelon stands are open and stocked with produce across Rush Springs. Photo by Carli Eubank.



The Wichita Mountains Wildlife Refuge is full of unique scenery and fun activities to enjoy. Photo by Carli Eubank.

seasonal produce, like fruits and make a delicious treat.

p.m. all year long, and then on at Jeff Davis Park. Tuesdays from May through September with food trucks avail- soak up the final days of sumto sports and more. For more in- able. Located at 77 SW. Fourth mer or discover new experiences, formation, visit www.innhabit. St., the Lawton Farmers Market there is something for you to en-

Local produce stands are scatvegetables, to bring home and tered across Rush Springs with delicious watermelon crops, lead-The Lawton Farmers Market is ingup to the annual Rush Springs open Saturdays from 8 a.m. to 1 Watermelon Festival on Aug. 10

Whether you're wanting to is filled with fresh and local prod- joy within the co-op's territory in southwest Oklahoma.





Community Spotlight

If you would like your community event listed in the September issue, please submit information by calling 580-875-3351 or sending an email to The Current @ Cotton Electric.com by Aug. 29. Only events occurring after Sept. 12 will be published in the next issue.

Editor's Note: We recommend checking for cancellations with local sources before attending any event.

DRH hosts annual Walk to Remember

Join the Duncan Regional Hospital (DRH) Health Foundation for an inspirational walk to remember a loved one. The event begins at 7:30 p.m. Aug. 26 at DRH Learning Center in Duncan. There is a \$20 registration fee, T-shirt included. Same-night registration begins before the race at 7 p.m. Free remembrance ribbons are provided to be placed on the Remembrance Wreath, which will take place immediately after the walk. For more information or to register, visit www. drhhealthfoundation.org.

SWOK Historical Society free event with guest author

The Southwestern Oklahoma Historical Society is hosting Frank Rush III as the guest speaker for its annual meeting on Tuesday, Sept. 2. After a short business meeting, Mr. Rush will discuss the history of Craterville Park USA, near Cache, Oklahoma, and the Wichita Mountains, as well as comment on his newest book, Wichita Mountain Fun and 2016's Come Have Fun With Frank Rush at Craterville Park and Sandy Lake Amusement

Park. The public is welcome, and there is no cost to attend. The meeting will be held at the Lawton Public Library, starting at 7 p.m. For further information, please call Mike Dixon at 580-355-2924.

Duncan's Annual Coin Show

Come to Duncan's Annual Coin Show to buy, sell or trade gold, silver, coins, currency and more. Free appraisals will also be available. There is free admission to the public. The event is from 10 a.m. to 5 p.m. Sept. 12 and 9 a.m. to 5 p.m. Sept. 13 at the Stephens County Fairgrounds, 1618 S. 13 St. in Duncan. For more information, contact Ed at 580-475-4570.

Food pantry open once monthly

Walters Community Food Pantry is open from 8 to 11 a.m. on the second Saturday of each month. The pantry is in the old City Hall, 131 1/2 W. California St., Walters. Pantry organizers try to provide a two-week supply of basic staples to anyone with identification and proof of Cotton County residency. Monetary donations may be sent to Food Pantry, c/o Paul Metcalfe, 211 E. Colorado St., Walters. For more information, call Roger Noland at 580-591-6826.

Blessings Boutique open monthly

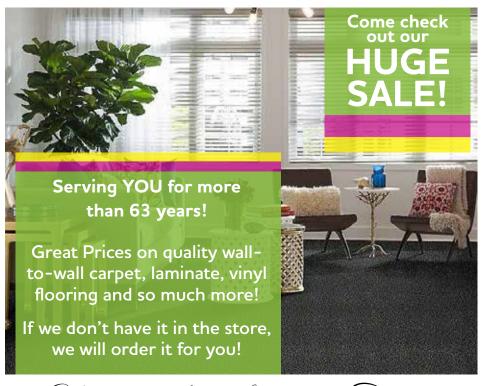
Marlow First United Methodist Church opens its Blessings Boutique from 11 a.m. to 2 p.m. every first and third Tuesday of the month. Clothing donation drop-off days are Tuesdays, or donors can call the church at 580-658-2765 to make other arrange-

PHOTO OF THE **MONTH**



Seagar and Charlie, dogs of Cotton Electric members Steve and Peggy Ross, are enjoying a summer day at the lake.

Enter your "best shot" in our Photo of the Month contest. The theme for September is Golden Hour! Entries can be emailed to TheCurrent@CottonElectric.com or mailed to The Current, 226 N. Broadway, Walters, OK 73572. Winners will receive a Cotton Electric prize.



Linda & Sarah's Carpet

N. Hwy 81 & Camelback Rd, Duncan OK 580-255-0275 or 580-252-1331





STAY INFORMED.

Prosperity in wealth but not in health?



Kim Bandelier, MPH, RD, LD



A new study authored by McGrosky and colleagues, published in the journal Proceedings of the National Academy of Sciences in 2025, looks at why people in wealthier countries tend to have higher body fat than those in poorer countries.

developed.

The study found that as nations experience economic growth, average calorie or energy intake among their populations tends to increase significantly. This elevated energy consumption contributes to increased body fat and higher prevalence of obesity. The study also showed that when you adjust for body size, people in richer countries burn fewer calories overall. This means they may be less active or have more sedentary lifestyles, like sitting at desks or driving cars instead of walking.

ences in body size, they found that people used about the same amount of energy no matter where they lived or how they spent their day. Instead, the primary driver of increased body weight was too many calories. These findings suggest rie targets as weight loss is achieved. They health.

The researchers wanted to understand that excess calorie consumption plays how things like food, activity and body a more critical role in the development size change as countries become more of obesity than variations in physical activity levels. In short, the article suggests overeating is a bigger problem than not When deciding how to properly fuel exercising enough.

> beyond weight management: reducing stress, improving cardiovascular function and improving overall strength, energy and function. The intent of this research article is not to diminish the importance of exercise. The observation is that calories consumed are still important when trying to lose weight or prevent weight gain.

When researchers accounted for differ- is to visit with a registered dietitian nutritionist. They can employ different methods to establish individual energy needs based on a variety of factors including chronic conditions, activity levels and body composition. They will adjust calo-



your body, work with a Registered There are many benefits to exercise Dietician Nutritionist to create a plan that works best for you. Photo courtesy MetroCreative.

> can collaboratively design a meal plan that works within cultural, economic and lifestyle parameters. They can help you decide how to fuel your body with the right amount and type of calories for optimum health.

You can find a registered dietitian The best way to establish calorie needs nutritionist where you live by visiting www.eatright.org/find-a-nutrition-expert. There are in-person and telehealth options. Many commercial insurances cover partial costs. Please ask and seek professional help when embarking on a journey to adjust calories for optimal







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Simple recipe swaps for a healthier you

(Family Features) If the idea of overhauling your family's menu is stopping you from making healthier choices in the kitchen, you might find relief in knowing simple swaps are all it takes. Instead of sweeping changes that require all new recipes, just changing an ingredient or two in your favorite dishes can put you on a path toward better nutrition.

You can boost the nutritional value of meals and support your heart health by making smart substitutions – like using whole grains, healthy oils and lower-so-dium options – to reduce saturated fat, added sugars and sodium while adding beneficial nutrients like fiber, protein and healthy fats.

Another nutrition-conscious swap you can make easily is opting for fat-free or low-fat plain Greek yogurt in place of full-fat sour cream and other dairy products. A single serving typically provides 10 or more grams of protein and roughly 13% of the daily recommended value of calcium. In fact, according to the American Heart Association, a balanced diet that includes regular consumption of unsweetened, nonfat, plain yogurt for individuals with hypertension may help improve blood pressure outcomes.

Start doing your heart a favor with these favorites that replace full-fat ingredients with low-fat or nonfat Greek yogurt, helping you reduce calorie intake and fat content without compromising flavor.

Mango and Pineapple Tropical Parfaits capture the flavors of ripe fruit, silky yogurt and crunchy granola in every spoonful of paradise while ruby-red pomegranate and coconut top off this island treasure.

Fruity Oatmeal Yogurt Parfaits provide a protein-packed breakfast to start busy days while Frozen Yogurt Bark – a chilled delight with less than 100 calories per serving – helps you indulge without overdoing it.

A diet that involves smart swaps like these may contribute to heart health, per the American Heart Association, by providing essential nutrients and supporting healthy blood pressure levels – meaning you're just a few ingredient substitutions away from enjoying a more nutritious, yet still delicious menu.

These yogurt-inspired recipes were developed as part of the American Heart Association's Healthy for Good Eat Smart initiative, which is nationally supported by Danone.

Discover more easy, flavor-packed ways to make your favorite recipes healthier for your heart at heart.org/eatsmart.



Fruity Oatmeal Yogurt Parfaits

Recipe courtesy of the American Heart Association Servings: 4 (1 parfait per serving)

2 cups fresh or frozen sliced, hulled strawberries, thawed and patted dry if frozen

2 cups fresh or frozen blueberries, halved blackberries or both, thawed and patted dry if frozen

1 tablespoon, plus 1 teaspoon, hon-

- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups nonfat plain Greek yogurt

In medium bowl, gently stir strawberries, blueberries, honey and cinnamon.

In medium saucepan over medium-high heat, bring water and oats to boil. Boil 5 minutes, stirring occasionally.

In each parfait glass, layer 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt and 1/4 cup fruit mixture. Repeat layers.

Nutritional information per serving: 238 calories; 2 g total fat; 6 mg cholesterol; 47 mg sodium; 42 mg carbohydrates; 6 g fiber; 21 g total sugars; 16 g protein.



Frozen Yogurt Bark

Recipe courtesy of the American Heart Association Servings: 8

- 1 1/2 cups low-fat, no-sugar-added vanilla Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted al-
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

In medium bowl, whisk yogurt and honey until combined.

Line 13-by-9-by-2-inch baking dish with parchment paper. Using spatula or knife, spread yogurt mixture over paper as thinly as possible.

Sprinkle almonds over yogurt mixture. Using fingertips, gently press almonds into yogurt mixture.

Sprinkle with mango, blueberries and raspberries. Using fingertips, gently press fruit into yogurt mixture.

Cover dish with plastic wrap or aluminum foil. Freeze overnight.

For serving, remove baking dish from freezer. Gently lift parchment paper from dish and transfer to cutting board. Using hands, break bark into pieces or hit lightly on surface of cutting board. Serve immediately as bark begins to melt 15 minutes after removing from freezer.

Nutritional information per serving: 70 calories; 2 g total fat; 3 mg cholesterol; 15 mg sodium; 10 g carbohydrates; 1 g fiber; 9 g total sugars; 4 g protein.

Mango and Pineapple Tropical Parfaits

Recipe courtesy of the American Heart Association Servings: 4 (1 parfait per serving)

1 medium mango, peeled and chopped

2 cups nonfat plain Greek yogurt 1/2 cup low-fat, no-added-sugar granola

- 1/2 cup diced pineapple
- 1 medium banana, sliced
- 1/4 cup pomegranate seeds or arils
- 2 tablespoons unsweetened flaked coconut

In each parfait glass, layer 1/4 mango, 1/4 cup yogurt, 1 tablespoon granola, 2 tablespoons pineapple, 1/4 banana slices and 1/4 cup yogurt. Top with remaining granola. Sprinkle with pomegranate seeds and coconut.

Serve immediately for peak flavor and texture.

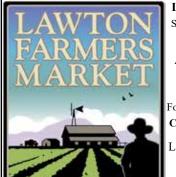
Nutritional information per serving: 230 calories: 6 g total fat; 82 mg sodium; 33 g carbohydrates; 5 g fiber; 24 g total sugars; 13 g protein.





Simple changes make a big difference and add up to savings.

Learn more at www.cottonelectric.com/energy-efficiency or www.touchstoneenergy.com.



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Answer the dinner dilemma with Lasagna Rollups



(Family Features) Rescue your loved ones from a dinner rut with a simple solution that answers "what's for dinner" with an exciting, flavorful meal. These Lasagna Rollups require just one pan, making both cooking and cleanup a breeze on busy weeknights.

To mix it up even further, try adding spinach or mushrooms, swapping out ricotta for cottage cheese or any number of personal preferences.

Find more weeknight meal ideas by visiting Culinary.net.

Lasagna Rollups

Recipe courtesy of "Cookin' Savvy" Servings: 4-6 (1 rollup per serving)

8 lasagna noodles

1 pound hamburger meat

1 tablespoon garlic powder

1 tablespoon onion powder

15 ounces ricotta cheese 1 teaspoon rosemary (optional)

1 jar marinara sauce

2 cups mozzarella cheese, divided

In pot, boil noodles according to package instructions. Drain under cold water and set aside.

In same pot, brown hamburger meat then add garlic powder and onion

powder. Mix in ricotta cheese; rosemary, if desired; marinara sauce; and 1 cup mozzarella cheese.

Heat oven to 350 F.

Line baking dish with layer of hamburger sauce. Line cooled noodles on cutting board or parchment paper. Add hamburger sauce to each noodle and roll. Place lasagna rollups, seam sides down, in dish. Cover with remaining hamburger sauce and sprinkle with remaining mozzarella cheese.

Bake 20 minutes.

Thick Chocolate Chunk Cookies

Makes 14 cookies

3 cups all-purpose flour, spooned and leveled

1 teaspoon baking soda

1 teaspoon salt

1 cup (2 sticks) cold, unsalted butter, cubed

1 cup packed light brown sugar

1/3 cup granulated sugar

2 large eggs

2 teaspoons pure vanilla extract

1 bag semisweet chocolate chunks

Line two large baking sheets with parchment paper or silicone baking mats and set aside.

In a large mixing bowl, whisk together the flour, baking soda and salt until well combined. Set aside.

In a stand mixer, fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the cubed cold butter, brown sugar, and granulated sugar together until well combined.

Mix in the eggs, one at a time, then mix in the va-

nilla extract, making sure to stop and scrape down the sides of the bowl as needed.

Mix the dry ingredients until just combined, then mix in the chocolate chunks on low speed until fully incorporated.

Using a 1/3 cup measuring cup, measure out the cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.

Cover the cookie dough balls tightly with plastic wrap and refrigerate for at least 2 hours.

Preheat the oven to 350 F.

Remove the baking sheets from the refrigerator and bake the cookies for 15 to 18 minutes, or until the tops are set and the edges are lightly browned. Remove from oven, and let the cookies to cool on the baking sheets for 15 minutes, then transfer the cookies to a wire rack to cool completely.

Store the cookies in an airtight container at room temperature for up to a week.





Photo courtesy of Shutterstock

UNCOMFORTABLE?

Does your home have any of these symptoms?

- Rooms that get too hot or too cold?
- High utility bills?
- Thermostat wars with your spouse?
- **High humidity in summer?**
- House just never seems comfortable? There doesn't seem to be enough airflow?
- Dust buildup within 2 days of dusting?
- Problems with your system since it's been installed?
- Anyone with allergies or asthma?
- AC starts and stops frequently or runs all the time, and house is still not cool?

□ Have been told by other contractors that the problem cannot be fixed?

If you answered <u>YES</u> to any of these questions, we can help!

Pippin Brothers has specialists that can pinpoint and correct these problems and, in many cases, you don't even have to replace your equipment, with the solution usually being easier and costing a lot less than you may think. There is no other contractor in Lawton more qualified than Pippin Brothers at diagnosing and correcting these annoying, inconvenient, unhealthy, comfort-compromising and energywasting concerns. Call us today and let us make your home Feel As Good As It Looks! After all, your home is your largest investment and you and your family deserve to be comfortable - don't you?



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Tips to control summer pests

(Family Features) Whether you're hosting a summer barbecue or simply relaxing in your backyard, reducing outdoor pests can help ensure a more pleasant experience. Summer pests like mosquitoes are more than just a nuisance; they can carry dangerous diseases like West Nile virus, Zika virus and dengue fever.

Enjoy a bite-free summer with these tips to enjoy mosquito-free outdoor spaces.

Identify Common Breeding Grounds

Understanding where mosquitoes breed is the first step in controlling them. Common breeding grounds include stagnant water sources such as bird baths, clogged gutters, poorly maintained pools and more. Even small amounts of standing water in planters or yard toys can create a breeding area. Regularly inspect your yard for potential breeding sites and take action to eliminate or treat them.

Keep Pests from Entering Your Home

Long-term mosquito control requires ongoing effort and strategic planning. Installing screens on windows and doors can prevent pests from entering your home, and putting up mosquito traps or an automatic misting system can provide continuous protection by reducing mosquito populations over

Naturally Repel Mosquitos in Outdoor Areas

From using outdoor fans – mosquitoes are weak fliers and can be thrown off by airflow - to strategically placing torches, candles or diffusers including essential oils like citronella, there are plenty of ways to naturally reduce your chances of being bitten. In addition to citronella, eucalyptus and lavender can be used to repel mosquitoes and planting marigolds, basil and lemon balm around your entertaining space can also help.

Hire Pest Control Professionals

When natural methods are insufficient, chemical solutions can offer more robust mosquito control. Insecticides like permethrin and DEET can be applied to clothing and outdoor areas to kill mosquitoes on contact and repel them for extended periods. If DIY solutions aren't cutting it either, many professional pest control services offer mosquito fogging or misting systems, which cover large areas (like your yard) and provide long-lasting protection.

Visit eLivingtoday.com for more summer lawn and garden tips and tricks.

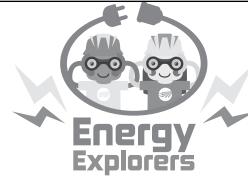


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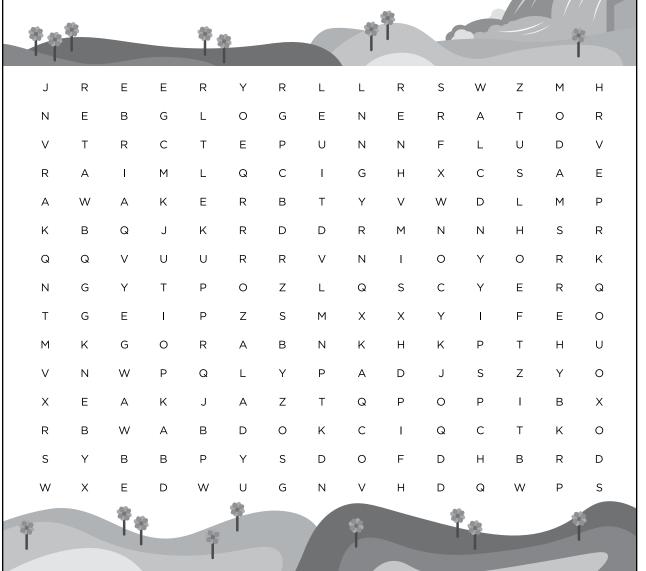
HYDROPOWER WORD SEARCH

You know that it's never safe to mix water and electricity at home, but did you know that large amounts of flowing water can be used to create electricity? This process of generating electricity from the movement of water is called hydropower.



Read the facts below, then find and circle the bolded words in the puzzle.

- 1. Water flowing down a river is used to spin large turbines that help create hydroelectricity.
- 2. When the turbines spin, a large generator spins, which creates electricity.
- 3. The amount of water used to generate hydropower is controlled through the use of large **dams**.
- 4. Hydropower is a form of renewable energy.



	2						
				1	2		8
6						1	5
				3			
		6					1
	1			7		5	
			8	5	7		
	9	7			1		
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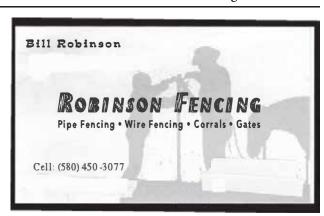
Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



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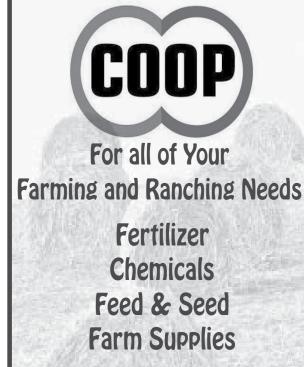
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